



## *Truly You Holistic Health Clinic*

### *What's Hot, What's Not, and What's Next*

#### **A Closer Look at Live Blood Analysis**

Dynamic Live Blood Analysis is a very precise tool that takes an inside look at the living tissue that we call blood. Blood is composed of the blood plasma, and the formed elements (erythrocytes or red blood cells, leucocytes or white blood cells, and platelets). How the cells interact with each other and their environment allows us a bird's eye view into what is going on in the whole body. Blood is a living tissue and each and every cell travels to every aspect of the body every day, picking up information from the various tissues, organs, and organ systems, transporting the messages throughout the body so that the whole body knows what is going on, what areas are working well, which areas need support and which areas are under stress. The blood not only carries nutrients and oxygen to the tissues and toxins and waste products from the tissues to the organs of elimination to be excreted, but it plays a vital role in the communication of the body and the body systems. By looking at all aspects of the blood, we can clearly see which areas of the body are under stress, which organs/ organ systems need a boost, deficiencies/excesses of vitamins and minerals, various toxins, and how the body is coping on a general and a specific scale.

A blood analysis is an excellent prophylactic tool that can be used to help restore balance and proper functioning in the body by observing various stress indicators, size, shape, and number of various cells, as well as the condition of the plasma itself.

Determining the diagnosis takes a bit of detective work and both live and dried samples are used to confirm the data.

The sample taking process is quick and easy, taking only a moment. A finger poke is the method used to collect a sample. The poke is over before you even know that it happened, making it great for children and those with anxiety in regards to blood testing.

#### **So Why Doesn't My Medical Doctor Use Live Blood Analysis?**

Today's medical system is all about getting things done as quickly as possible, using the least amount of time and resources necessary. Your GP orders blood tests to look for something that could be wrong, utilizing a broad spectrum approach. If anything unusual comes back, then more and more specific tests are done, until the patient can be "diagnosed". Medical doctors are not necessarily looking for future problems, or how the body systems are handling stress, nor are they in the business of preventative medicine. A live blood analysis takes time, and resources. Currently lab techs can process many blood tests per hour, with a live blood analysis; the

**Welcome to the client newsletter that is distributed each month, for clients, supporters, and those interested in their own health. It is my hope to use this newsletter to share new theories, facts, and medical studies with you, to inspire you and to give you the heads up on what is happening with health both in our community and around the world.**

#### **Truly You Holistic Health Clinic**

**Roxanne Harris**  
DMH, DHHP, DynBC, DynNC.  
Doctor of Medical Heilkunst

3399 Regburn Drive  
Osgoode ON K0A 2W0

613-826-3560  
doc.rox@rogers.com

**By Appointment Only**

Heilkunst  
Homeopathy  
Live Blood Analysis  
Nutritional Counselling  
Healing Prayer

Family Rates available

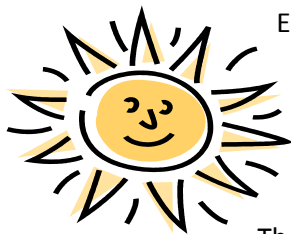
lab tech would only be able to process one patient's blood per hour, thereby limiting the immediate cost effectiveness. In reality, the long term cost effectiveness outweighs any short term cost saving measure, as the live blood analysis can help delay progression and prevent various conditions/ illnesses from manifesting, or further deteriorating, by showing how the patient can improve their health through internal and external means.

### **So What Does This Mean For Me?**

Health is about making lifestyle choices, not about band-aids, suppression and medication. Heilkunst (the medical art of making one whole, body, mind and soul) is to be used along side of the blood analysis. Through Heilkunst we can address the physical, mental, emotional, and spiritual issues, allowing for complete resolve and life in abundance.

Many patients come in to have their blood tested, to see where they are at, in that process, they realize that they have shifted from a state of health to one of imbalance, disease, or even degenerative disease. Through the application of Heilkunst, we are able to make the necessary shifts and changes allowing for true health and freedom in oneself, physically, mentally, emotionally and spiritually.

### **Vitamin D, and Cancer, What's The Scoop?**



Exposure to sunlight may reduce your risk of advanced breast cancer, according to new research from Stanford University.

The study followed 4,000 women between the ages of 35 and 79, and evaluated the effects of long-term sun exposure. Women with a light skin color who had high sun exposure had half the risk (that is 50% less risk!) of developing advanced breast cancer (cancer that has spread beyond the breast) as women with low sun exposure.

High sun exposure was defined as having dark skin on your forehead, since your forehead is typically exposed to the sun often.

Sun exposure may work to prevent cancer because it increases the levels of vitamin D in your body. While you can get some vitamin D from your diet, up to 90 percent comes from your exposure to sunlight. (American Journal of Epidemiology October 12, 2007)

Natural and holistic health care practitioners have been saying as early as 1998 that exposure to the sun is necessary. So why isn't the medical system taking note? In August a particularly groundbreaking study came out that found 600,000 cases of cancer could be prevented every year just by increasing the levels of vitamin D. Studies have clearly shown that the farther away from the equator you live, the higher your risk of dying from cancer becomes. Why? With sun exposure, UVB radiation from the sun converts cholesterol in your body into vitamin D, one of the most potent anti-cancer vitamins there is. Although not considered safe or advisable to "bake and burn" as it were, you can gradually increase your skin exposure daily, preventing burns, and absorbing all of the excellent benefits from the sun. Did you know that people in perfect health have very little chance of burning? We all have a long way to go with our health. Dark skinned people have a built in filter to the sun's rays, and need to stay out in the sun 2-5 times longer to get the same amount of vitamin D.

### **But It Is November, Where is The Sun?**

From October to the end of March, we in the Northern Hemisphere could stand completely naked in the sun all day, and not absorb any vitamin D, due to the angle of the sun. Spring and summer is a great time to load up on the sunshine vitamin.

What about Supplements? Vitamin D3 is available in a supplement form, however it is very possible to overdose on oral vitamin D, so your best source of vitamin D: the sun, and yup you guessed it, good quality cod liver oil in the winter months such as Nordic Naturals or Nutra



Sea Brand, both readily available at health food and larger pharmacies and grocery stores.

### Are There Other Benefits to Vitamin D?

Absolutely! Vitamin D offers protection against multiple sclerosis (MS), prevention of diabetes, and it signals colon, breast and prostate cells to stop growing and eventually succumb to programmed cell death (i.e. stops the growth before a tumour results).

Leg weakness, compromised dental health, burning sensations in the mouth and throat, diarrhea, insomnia, increased PMS symptoms and visual problems are symptoms of depleted vitamin D. To the extreme, one can develop rickets when vitamin D is depleted sufficiently.

### Free Flu Clinic Reminder



This clinic will be participating in the Free Homeopathic Flu Clinic this year. It is open to everyone. You do not have to be a patient of this clinic, although you will have to fill out an information form. Each patient will receive one homeopathic flu vaccine October through end of November, and then will receive a follow up call in January to assess whether another dose is needed, this is rarely the case. If you need more information on the flu, the flu vaccine, or the homeopathic flu vaccine, please contact the clinic.

### Looking For Products and Supplements?

Please let me know if you would like the clinic to stock various products and supplements. Sometimes shopping for recommended supplements can be frustrating and overwhelming. If you would like to see the clinic have various products on hand please let me know.

### Truly You Holistic Health Clinic Welcomes New Patients



Whether you struggle with arthritis, anaemia, Crohns, constipation, depression, anxiety, fears, bedwetting, ADD, ADHD, autism, fibromyalgia, fibroids, PMS, infertility, eating disorders, weight issues, heart disease, cancer, sleeplessness, GERD, thyroid issues, hormone imbalances, self esteem issues, allergies, substance abuse, environmental sensitivities, IBS, asthma, back pain, skin conditions, or diabetes, or whether you would just like to become more balanced, and increase your state of health, Roxanne Harris DHHP, DMH, DynNC, DynBC, welcomes you to Truly You Holistic Health Clinic, and invites you to embark on a journey towards health that will transform your life.

Roxanne utilizes Heilkunst (the medical art of making one whole, body mind and soul), Homeopathy, Live Blood Analysis and Nutritional Counselling. Roxanne is a Christian, believing in God's healing power and grace. It is a rare opportunity to be able to obtain medical care physically, mentally, emotionally and spiritually all in one place, and it is within all four of these facets that healing occurs, on all levels to bring about a true state of health.

Call for your appointment today 613-826-3560. Family Rates are available call for more info.

**Mention this Newsletter and receive 25% off your Initial Consultation in November. Refer a friend and receive 10% off\* your next follow up appointment.**

(\*Offer valid for existing patients once your referral has completed their first appointment, no cash value.)